



Soldiers with 3rd BCT, 25th ID, assault a mock village for the culmination of a two-week exercise unlike anything prior using the JPMRC system.

New feedback capability aims to improve training

Story and photo by
STAFF SGT. MATTHEW RYAN
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — The stars were still out, here, providing the only light Soldiers had to maneuver into position. Everything was silent, except for the opposing forces patrolling the mock village. Suddenly, a shot rang out, and a continuous, high-pitched sound indicated the target was hit. Soldiers then began to assault the objective. Recently, Soldiers from 3rd Brigade Combat Team, “Bronco Brigade,” 25th Infantry Division, were selected to conduct a first unit assessment for the Joint Pacific Multinational

Readiness Capability (JPMRC), a system that provides real-time constructive feedback to improve training. “The 25th Infantry Division was the ideal unit to help demonstrate and test this capability. Not only are we collocated with the instrumentation system, but we also have highly trained units that could execute at the collective levels of proficiency needed to test the JPMRC,” said Brig. Gen. Todd McCaffrey, deputy commanding general-operations, 25th ID. “Our commanding general recognized the importance of participating in this assessment, because it provided both a world-class training event for one of our battalions and allowed us to support a priority initiative for the U.S.

Army-Pacific,” McCaffrey added. The JPMRC is a Department of the Army initiative and an exportable training capability package. It has personnel and equipment to support brigade combat teams based in the Pacific, to train and improve the readiness of Soldiers, and to offset deployment rotation to the National Training Center, or other Combat Training Centers. But, it still provides the same capabilities because of ongoing budget reductions. “The purpose is to provide real training with real-time tracking and feedback with sound, video, photo and other types of equipment to the units training to ensure the readiness of Soldiers is to the highest possible capability,” said

Lt. Col. Angel Bermudez, deputy commander, 196th Inf. Bde. The 196th Inf. Bde., which is a Training Support Brigade, normally provides support to the Reserve Component Forces and USARPAC exercises throughout the Pacific area. It was recently tasked with planning, setting up, managing and developing the JPMRC system. The system is designed to be a deployable package with more than 200 sets of personal Multiple Integrated Laser Engagement System, expandable shelters, remote base stations to provide FM, instrumentation and video trans-

See JPMRC, A-4

TAMC, PRMC teams split

Tripler conducts change of command ceremony

ANA ALLEN
Pacific Regional Medical Command Public Affairs
HONOLULU — Tripler Army Medical Center conducted a change of command and a change of responsibility ceremony, Friday, at the flagpole, here, where Col. David Dunning assumed command of TAMC from Brig. Gen. Dennis Doyle, commander, Pacific Regional Medical Command, and outgoing commander of TAMC. During the ceremony, Command Sgt. Maj. Robert Luciano, senior enlisted adviser, PRMC, handed over TAMC command sergeant major responsibilities to Command Sgt. Maj. Donald George, interim TAMC senior enlisted adviser. The ceremony was attended by senior leaders from across the Pacific, to include Gen. Vincent Brooks, commander, U.S. Army-Pacific Command. Both Doyle and Luciano maintain their roles as PRMC leaders, with TAMC remaining a major subordinate command alongside the U.S. Army Health Clinic-Schofield Barracks, the Medical Activity-Japan and the Medical Activity-Korea. The ceremony marks a new chapter in the growth of the regional medical command staffing, to enable expanded and enhanced medical support and partnership throughout the area of responsibility. “Tripler Army Medical Center will have a colonel commander like all other Army medical centers, but will retain its unique position, however, as the tertiary referral center in the Pacific, as a top producer of health care for the AMEDD (Army Medical Department) and as a critical partner in the Pacific with other service facilities, civilian hospitals and our long-standing joint venture partner, the VA (Veterans Affairs),” stated Doyle. The PRMC commander also recognized TAMC staff for the tremendous work he witnessed over the last 20 months. “Countless patients and family members



Marlow Gungav, Pacific Regional Medical Command Public Affairs

Brig. Gen. Dennis Doyle (right), commander, PRMC, and outgoing commander, TAMC, passes the colors to Col. David Dunning, incoming commander, TAMC, during a dual ceremony at the TAMC flagpole, Friday. have told me their story about the compassionate care here and expressed their extreme appreciation. Command Sgt. Maj. Luciano and I are proud beyond words for this team’s service to our nation’s sons and daughters, and honored to have been your command team.” Under Doyle’s leadership, TAMC opened a new Neo-Natal Intensive Care Unit (NICU), a state-of-the-art facility and the first single-family NICU on the island of Oahu. Tripler also was awarded the Psychologically Healthy Workplace and Best Practice Award by the American Psychological Association — the first DOD facility to receive that recognition. More recently, Tripler underwent a highly successful Joint Commission Survey, receiving only one direct finding, a feat unprecedented for a medical center of its size. TAMC’s incoming commander, Dunning, was welcomed to the stage and addressed his new staff, saying he was humbled by the mis-

See CoC, A-4



Soldiers of A Btry., 3-7th FA, 3rd BCT, 25th ID, train with the 163th Btry., 16th Field Regt., Royal New Zealand Artillery, on the M119A3 weapon system during Exercise Lightning Kiwi.

Exercise Lightning Kiwi reborn

Story and photo by
STAFF SGT. CATRINA HERBERT
3rd Brigade Combat Team Public Affairs
25th Infantry Division

WAIOURU, New Zealand — Thirty-four years ago, Soldiers from the 25th Infantry Division traveled to New Zealand to train with the Royal New Zealand Artillery for Tropic Twilight Exercise (TTE). Soldiers of Alpha Battery, 3rd Battalion, 7th Field Artillery Regiment, 3rd Brigade Combat Team, 25th ID, have made a remarkable transition in becoming the first unit to travel back to restart the relationship that was once there before for Exercise Lightning Kiwi, July 23-26. “I am very happy about the whole process, of how it all came about (only) within a matter of months,” said Capt. Craig Osbeck, company commander, A Btry., 3-7th FA. The idea for the joint training came from Maj. Edward Gomez, officer in charge, S-3 Operations. “My father, when he was stationed on Schofield 34 years ago, he participated in the TTE, and I just wanted to do the same thing,

since being in an FA unit,” said Gomez. “I think we can rebuild this relationship once again.” Falling in on their equipment, their ammunition, their safeties and their drivers made the whole process a lot easier to transition into the training that was conducted. “When I took over in April, the following month they started the transaction. It happened so fast,” said Command Sgt. Maj. Francis Citizen, senior enlisted leader, 3-7th FA. “It has been a great impact on us, because we are fielding the M1193A, so we did this along with the partnership,” Citizen added. The U.S. and New Zealand have maintained good working relations on a broad array of issues, and the training between the two countries has built a relationship both would like to see more of in the near future. “You guys stood the exercise up and got the Soldiers from your battalion so fast within weeks,” said Col. Nicholas Gillard, 1st (New Zealand) Bde. “It was great having you all here, and we’ll be seeing you in March for the same training in Hawaii,” Gillard said.

HHC develops higher quality troops tactically, technically

STAFF SGT. GAELN LOWERS
8th Theater Sustainment Command Public Affairs
FORT SHAFTER — If there’s an old, green Battle Dress Uniform with your nametape on it stored away somewhere, odds are you remember a time when the Armywide Thursday morning routine was as reliable as reveille on posts throughout the world. For that one morning each week, regardless of what shop, section or office you performed your technical mission in, you belonged to your first sergeant and noncommissioned officers ... to focus on Soldiering and tactical proficiency. One Pacific-based first sergeant believes that even though the last decade-worth of Thursdays may have looked a little different, the Army has never truly lost that focus. “Because we were so heavily involved in war, we just turned our focus elsewhere,” said 1st Sgt. Katrina Richardson of Headquarters and Headquarters Company, 8th Special Troops Battalion, 8th Theater Sustainment Command. “I’ve always believed that you need to keep a balance,” she said. “As an old drill sergeant, you

teach tactical and technical. Having that balance has always been there and been a priority. It was never lost; it just needs refocusing.” Sgt. Maj. of the Army Raymond Chandler III agrees that bridging the basics is a change of mindset and, more importantly, a change that hinges on leadership. “We just can’t expect, by osmosis, that when someone puts on the rank of sergeant that they are the best leader in the organization or in the entire Army,” he said. “You’ve got a responsibility — we all do — to one another, to continue to develop our junior leaders to replace us. That means you’ve got to share your knowledge, your skills and your experiences with them, so they can grow.” In just five months, Richardson’s troops have drastically increased their warrior tasks, drills completion and weapons qualifications. They now boast a 98 percent pass rate in the Army physical fitness test. “The training is tough,” said Staff Sgt. Janet Chavez, an HHC platoon sergeant. “We don’t just sit around watching videos or PowerPoint.

Every Thursday, first sergeant has us out there doing something that we don’t necessarily like at that moment, but that helps us grow as Soldiers and leaders. A higher quality of Soldier, NCO and leader has emerged within the last few months across our formation due to the rigorous training held every Thursday.” A typical Army company usually consists of no more than 225 troops, with zero sergeants major, as few as four officers and limited senior NCOs. As the headquarters company of the Pacific’s senior Army logistics command, Richardson’s unit has 456 assigned troops, and nearly 40 percent of them are sergeants major and officers who outrank her and the junior NCOs who put together the weekly training to meet Army requirements. “We noticed that we were lacking basic Army standards, which come with that dedicated Thursday training time,” Richardson said. “Ultimately, we want to reinforce warrior tasks and battle drills and get back to the basics ... the fun stuff!”



Photo courtesy Headquarters and Headquarters Company, 8th Special Troops Battalion, 8th Theater Sustainment Command

Soldiers with HHC, 8th STB, 8th TSC, practice their combat lifesaving techniques during a sergeants time training.



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August is Antiterrorism Awareness Month

SARAH PACHECO
Staff Writer

WHEELER ARMY AIRFIELD — Today, Aug. 1, marks the beginning of the Department of the Army’s Antiterrorism (AT) Awareness Month.

In support of the national initiative to combat terrorism and increase vigilance in protecting Army communities, U.S. Army Garrison-Hawaii directorates and chiefs will ensure their divisions conduct AT training and education, here, and throughout the garrison, through Aug. 31.

Suspicious Behavior

Army community members should be on the lookout for the following suspicious behaviors:

- Strangers asking security-related questions;
- Unfamiliar people in secure areas;
- Loitering;
- Anyone drawing or taking photos of important buildings, sensitive areas or access control points;
- People wearing bulky, ill-fitting or unseasonable clothing;
- Chemical smells;
- Individuals purchasing supplies or equipment that can be used to make bombs or weapons, or buying uniforms without having the proper credentials;

- Unattended briefcases, suitcases, backpacks or packages; and
- Unattended cars left in parking lots, in no parking zones or in front of important buildings.

“Law enforcement personnel cannot be everywhere, and they need the eyes and ears of the entire installation community to help in quelling terrorism,” said Don Murry, antiterrorism officer; Directorate of Plans, Mobilization and Security; U.S. Army Garrison-Hawaii.

“Remember, if you see something, say something,” Murray advised.

To report a suspicious activity or behavior, call these numbers:

- 438-7114, Fort Shafter; or
- 655-7114, Schofield Barracks.

the AT Level 1 Course (Online Program Course), located at <https://jkodirect.jten.mil> as Course #JS-US007-14, during the month of August. Contractors and family members are encouraged to complete the course, as well.

Everyone can do their part to keep their home and work environments safe by actively participating in iWatch Army, a key component of the AT awareness campaign.

Billed as the 21st century Neighborhood Watch, iWatch is a community terror-watch program that utilizes Soldiers, their families and civilians as the garrison’s “eyes and ears” to report any suspicious activity to base authorities.

Reports are then passed on to the FBI’s eGuardian system, which connects law enforcement agencies and intelligence organizations at all levels of government across the U.S.

The iWatch program is comprised of the following two elements: passive and active involvement.

• **Passive involvement** — Requires individual situational awareness of surroundings; requests individuals be alert at all times for suspicious activity.

• **Active involvement** — Requires individuals to take action and report observations to law enforcement for further investigation.

“The key to applying iWatch methods is for every individual to get self-educated about the indicators of terrorist activity and about reporting suspicious

activity,” Murry said. “Everyone can make a difference by recognizing what to report and reporting it to security or law enforcement personnel.”



More Online

To learn more about the iWatch Army program and ways to help combat terrorist acts in your community, visit www.myarmyonesource.com/familyprogramsandservices/iwatchprogram/default.aspx.

‘Principals’ should know basic POA differences

GREG MARINELLI
Legal Assistance
Staff Judge Advocate

A power of attorney (POA) is often recommended to Soldiers, especially prior to deployment.

A POA essentially grants another person, called the “agent,” the right to act on behalf of the principal.

There are two basic types of POAs: general and special.

A general POA grants the agent almost all rights to act on behalf of the principal. This fact is true unless it expressly states a specific situation where the agent is not allowed to act.

This definition means, with a standard general POA, the agent has the right to write and cash checks, buy and sell property, register a car, withdraw money from bank accounts, pay utilities and sign contracts. These are only some of the many rights the agent has under a general POA.

A special POA grants one or a few specific rights to the agent, meaning the principal can limit the power of the agent to acting on the principal’s behalf only in certain situations. For example, a Soldier about to deploy may want a special

POA to allow his family members to get ID cards. A principal about to permanently change station might grant a special POA, so the agent can ship his car.

Why should a Soldier get a POA?

Options are the primary impetus behind any properly created POA. They allow for more flexible financial planning between spouses.

A properly drafted POA gives the agent the necessary flexibility to act on behalf of the Soldier or when making large property purchases jointly. However, too many options can lead to disaster.

Too many Soldiers request a general POA without thinking about the possible repercussions of giving away easily abused power. For example, there are

Appointments

Legal Assistance has weekday walk-in hours of 9:30 a.m.-4 p.m., Monday-Wednesday and Friday; and Thursday, 1-4 p.m.

Those seeking a power of attorney can make an appointment with Legal Assistance by calling 655-8607.

instances of spouses clearing out banking accounts just before filing for divorce.

Some businesses and institutions simply will not accept general POAs. For instance, a bank may require a more narrowly tailored special POA in order for an agent to sign for a joint mortgage or a car loan.

When Legal Assistance polled local Wahiawa businesses about their general POA procedures, only one of the six largest financial institutions said they

Planning

Ultimately, anyone considering a power of attorney should keep these points in mind:

- Discuss the goals of your POA with an attorney.
- Keep it narrowly tailored by getting a special POA.
- Put a short time limit on it, like one-two years. It takes only a couple of minutes to renew it.
- Finally, never get a general POA unless it is absolutely necessary.

would even consider accepting a general POA. That one institution emphasized that it would consider a general POA for a car loan only in rare circumstances of a deployed Soldier.

Local businesses are reluctant to approve a general POA. All seven automobile dealerships in Wahiawa expressed concern over a general POA, generally relying on first approval from the financial institutions initiating the loans before approving use of a general POA.

In summary, general POAs are risky and not widely accepted.

A special POA is the best way to go.

While a general POA may be less initial work, a special POA can be far superior. It is specific enough that the principal greatly reduces his risk.

If a spouse is limited to making car and utility payments under the name of the principal, the agent won’t be allowed to sign new contracts or withdraw money from the principal’s individual account like he or she could with a general POA.

Businesses also are much more willing to accept a special versus a general POA.

FOOTSTEPS in FAITH

We can meet our maker in his many earthly creations

CHAPLAIN (CAPT.) JAMES FRYER
325th Brigade Support Battalion
3rd Bde. Combat Team
25th Infantry Division



Fryer

Both scientists and religious scholars speak with certainty of the existence of an intelligent engineer and author of life.

Much literature has been written about the undeniable case of not only an able designer and creator of life, but also a compassionate and caring God who compels us to do good.

One site on creation research states, “Instead of ‘might makes right,’ our sciences teach us that might should choose to do right.” The very nature of

our conscience reflects genius and a divine blueprint.

Another website on the study of intelligent design, which is an understanding of science that reasons for a purposeful creator of life, states, “The odds of a group of atoms combining to form a DNA molecule with all the surrounding essential components to support the life and perpetuation of the molecule are about one out of infinity.”

Truly, just the basic scientific study of life alone can lead one to wonder about the immeasurable power and creative talent of God.

Many of the ancient Hebrew Psalms incorporate the worship of God with reflection on his work of creation and the glorious labor of his hands. Psalm 8 is an example:

“O Lord, our Lord, how majestic is your name in all the earth!”

You have set your glory above the heavens. ...

When I look at your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is man that you are mindful of him?”

— Psalms 8:1-4

To stretch your limits of pleasure, while in Hawaii, can benefit you much if you are not an outdoors person. The handiwork of an affectionate and concerned supernatural being leaps from the landscape, coastlines and ocean life.

The nature and geography of the Hawaiian Islands will aid the soul in recognizing the originality and compassion of God. It is no mystery how the Holy Bible is able to declare:

“His eternal power and divine nature have been clearly perceived,

ever since the creation in the things that have been made.”

— Romans 1:20

All creation shouts of the majesty of a caring maker, who has greatly supplied the earth with extraordinary resources to be managed well and wisely benefited from.

If you have been able to travel while serving in the Army, you may be able to bear witness to having seen and enjoyed many types of exotic foods that the earth produces.

Again, the creation bears evidence of an imaginative, sympathetic and loving creator, one who has even designed humanity with taste buds that give the ability to taste of his goodness.

Perhaps this was the direction Albert Einstein was heading when he quipped, “Look deep into nature, and then you will understand everything better.”

Voices of Ohana

August is Antiterrorism Awareness Month.

“How do you intend to increase your situational vigilance during AT Awareness Month?”

Photos by 500th Military Intelligence Brigade Public Affairs



“I will continue to pay attention to my surroundings, making sure my Soldiers and fellow NCOs are using good OPSEC.”

Sgt. Jack Brazel
HR specialist, HHD, 500th MI Bde.



“I will tell others to do the same! We often learn best by teaching.”

1st Lt. Danita Darby
Executive officer, HHD, 500th MI Bde.



“I am always looking out for adversaries and helping my battle buddies stay vigilant.”

Pfc. Paul Evans
Intelligence systems maintainer, HHD, 500th MI Bde.



“I plan to avoid dark and desolate places, and have everyone’s emergency contact info with me at all times.”

Spc. Clarissa Martinez
HR specialist, HHD, 500th MI Bde.



“Do not take the same route to and from work. Change it up!”

Sgt. Bartosz Mrugalski
Cryptologic linguist, HHD, 500th MI Bde.



Gen. Vincent Brooks (center), commander, USARPAC, stands with Command Sgt. Maj. Frank Leota (right), outgoing senior enlisted adviser, USARPAC, and Command Sgt. Maj. Bryant Lambert (left), incoming senior enlisted adviser, USARPAC, during a change of responsibility ceremony on Palm Circle, July 24.

USARPAC gains new CSM

Story and photos by
STAFF SGT. KYLE RICHARDSON
U.S. Army-Pacific Public Affairs

FORT SHAFTER — Command Sgt. Maj. Bryant Lambert, incoming senior enlisted adviser, U.S. Army-Pacific, accepted responsibility of USARPAC during a change of responsibility ceremony on historic Palm Circle, here, July 24, as outgoing senior enlisted adviser Command Sgt. Maj. Frank Leota prepares to retire.

Leota transferred responsibility to Lambert by the passing of the colors, a ceremonial act that signifies the key role of the Noncommissioned Officer Corps as the guardian and protector of the colors, and the men and women who serve to protect them.

Gen. Vincent Brooks, commander, USARPAC, was the presiding officer at the change of responsibility, and he welcomed Lambert with aloha spirit into the “One Team” family.

“Command Sgt. Maj. Lambert, welcome to the Indo-Pacific region,” said Brooks. “We are all excited to have you in position, and I am counting on you to be who you are and help me lead this command.”

Brooks also said that he anticipated Lambert to follow his instincts and make a big impact throughout the Pacific region.

During the ceremony, Lambert showed some of his character by being precise, direct and keeping the Soldiers in consideration.

“I will enforce the commander’s intent, his set priorities and end-stated desires,” he said.

Lambert, who became USARPAC’s 19th command sergeant major, thanked Brooks for the opportunity to serve as his senior adviser.

He also thanked Leota for their friendship and leadership over the years.

Brooks thanked Leota and his family for their years of service and sacrifices to the nation.

“Command Sgt. Maj. Leota, you have served our nation and this command exceedingly well,” said Brooks. “I am personally grateful to you for being an outstanding battle buddy and wingman over the last year.”

Brooks said that he was grateful for his command sergeants major, and that they are prime examples of guardians of the colors.

“The U.S. Army Noncommissioned Officer Corps has earned the respect of our nation, the admiration of many foreign countries and the reputation as the backbone of our Army,” said Brooks. “It is because of people like Command Sgt. Maj. Frank Leota and Bryant Lambert. I’m so thankful that I get to be in the same Army with such men as these.”



Brooks (right) passes the USARPAC colors to Lambert, signifying the relinquishment of authority from the outgoing command sergeant major to the incoming one.

Pacific’s premier Eng. Bde. deactivates units, reorganizes

Story and photo by
CAPT. LAURA BETH BEEBE
130th Engineer Brigade
8th Theater Sustainment Command

SCHOFIELD BARRACKS — The 130th Engineer Brigade deactivated five of its subordinate units during a ceremony on Hamilton Field, here, Friday.

The 130th Eng. Battalion (Provisional), which was formed in June 2013 as the brigade’s headquarters prepared for its September 2013 deployment to Afghanistan in support of Operation Enduring Freedom, was the highest echelon element casing its colors.

As the premier engineer unit in the Pacific, the brigade has construction, dive, topographic and combat engineering capabilities that are constantly assisting in Theater Security Operations exercises across the region, while elements of the brigade simultaneously held critical positions in deployed engineer operations in Afghanistan during the past year.

The provisional battalion served as the command authority for engineer units that did not deploy with the brigade and facilitated redeployment and reintegration.

Lt. Col. Patricia Arcari, the 130th Eng. Bn. (Prov.) commander, used the Hawaiian word for family, “ohana,” in the battalion’s motto, “One Ohana.”



Lt. Col. Anela Arcari (front left) and Sgt. Maj. Joe Irvin (right), 130th Eng. Bn. (Prov.) command team, case the battalion colors during a deactivation ceremony on Hamilton Field, Friday. The battalion stood up last June as the 130th Eng. Bde. headquarters was preparing for deployment.

“Ohana 6,” Arcari said, took the idea of creating a family between the non-deployed units, the rear detachments of deployed units and the family members of those deployed.

“I’m not sure there’s ever been a more diverse, complex, dynamic, non-standard unit with the extraordinary tasks and missions as the 130th

Eng. Bn. (Prov.),” Arcari said, “and every day, no matter what was thrown at them, all of them stepped up to the challenge, met it head on and performed at a level that inspired those around them.”

The provisional element was joined in deactivation by the brigade’s Headquarters and

Headquarters Company Rear Detachment, the 15th Explosive Hazards Team, the 26th Concrete Det., and the 70th Eng. Co. (Geospatial) in order to better distribute engineer capacity and resources.

The four units trace their lineage to World War II, with numerous deployments during both peacetime and combat operations. Their deactivation is part of the brigade’s larger reorganization as the 65th Eng. Bn. (Combat) elements are realigned to create the 25th Infantry Division’s 2nd Bde. Eng. Bn.

Col. Blace Albert, the 130th commander, officiated the ceremony and highlighted the accomplishments and history associated with each unit.

He said these moves and actions don’t come without many challenges. The Soldiers within the formation handled themselves very well during the past year, he added. Their performance reflects their ability to adapt and accomplish the mission at hand.

“The companies did an incredible job of remaining focused on being Soldiers during this time of transition,” said Albert, who also highlighted the 70th Eng. Co.

“In addition to turning in \$22 million worth of equipment, they achieved a 97 percent proficiency rating in warrior tasks and battle drills, and a 96 percent proficiency rating in specific individual skills,” he said.



Soldiers from the 2-35th Inf. Regt., "Cacti," 3rd BCT, 25th ID, and 23rd Singapore Inf. Bde., 9th Div., Singapore army, stand together in one formation, symbolizing the integration of the two companies during the closing ceremony of Exercise Tiger Balm 2014, Saturday.

Ceremony brings Tiger Balm 14 to a close

Story and photo by
SGT. BRIAN ERICKSON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — The 34th annual bi-lateral exercise Tiger Balm 2014, between the Singapore and U.S. armed forces, came to an end with a closing ceremony on Weyand Field, here, Saturday.

“Tiger Balm is a visible demonstration of the United States’ commitment in the Indo-Asia-Pacific region,” said Maj. Gen. Gary Hara, deputy commander, U.S. Army-Pacific.

Held July 14-26, the brigade-level exercise involved about 300 personnel from the 23rd Singapore Infantry Brigade, 9th Singapore Division; the 2nd Battalion, 35th Inf. Regiment, 3rd Bde. Combat Team, 25th Inf. Division; and the Hawaii Army National Guard’s 29th Div.

“This exercise was fantastic,” said Capt. Syafiq Utama, 23rd Singapore Inf. Bde., 9th Div.

“We have learned a lot of stuff from the Soldiers,” Utama said. “They were very professional during the exchange.”

The exercise has helped enhance professional re-

lationships, combat readiness and interoperability between these two Armies to meet and demonstrate regional security partnership and resolve.

The relationship between the U.S. and Singaporean militaries continues to be one of mutual respect and holds the promise of continued improvement for years to come.

“Congratulations on a job very well done,” said Hara. “All of you have accomplished much in a short period of time, and you have directly contributed to the peace and stability throughout the region.”

CoC: Tripler sees growth

CONTINUED FROM A-1

sion that had been entrusted to him, by the patriots who have led and served in the organization before him, and by the Soldiers that stood in front of him.

“I am truly honored that the Army has seen fit to entrust me with not only a second command, but with what I consider the crown jewel,” Dunning said. “I will make only one promise today. That promise is that I will do my utmost to ensure that I do not fail as you look toward me to lead this great organization.

“Not only will I lead, but I will also serve our beneficiaries and the Soldiers, civilians and family members of Tripler Army Medical Center. We will continue the legacy of those that have gone before,” Dunning said.

The new TAMC commander also thanked Doyle for the leadership he provided.

“You have built a finely tuned organization that we will continue to refine and move forward. Congratulations on a job especially well done. It will be a pleasure to continue serving under you in your role as the commanding general, Pacific Regional Medical Command.”

Dunning is the 41st TAMC commander since its establishment in 1920.

JPMRC: 25th ID assesses capabilities of new DA exportable training system

CONTINUED FROM A-1

missions, medium and large shelters, and one expeditionary base station with antennas, and the trained personnel to operate the equipment and observer-controllers.

The JPMRC exercise was operated in two parts: The first tested the operability to validate the capability for further deployments within the US-ARPAC command; the second facilitated a

world-class, free-play exercise for training units based on commander’s intent and mission objectives with real-time feedback.

“The JPMRC first unit assessment demonstrated the potential training value units can achieve through the merging of a world-class instrumentation system and a well-trained cadre of observer-controller trainers,” said McCaffrey.

During this two-week exercise, Soldiers assigned to the Bronco Brigade conducted an air as-

sault, a deliberate attack, indirect fire and personnel recovery against an opposing force: from Soldiers with 2nd Stryker BCT, “Warrior Brigade,” 25th ID.

One of the goals for the JPMRC is to employ the system joint partner nation exercises to provide timely feedback to help foster stronger military working bonds.

“The 25th ID is fortunate that we’ve been able to play a part in demonstrating this capability’s

potential for both home-station training and (to) gain insights into its potential for off-island deployed operations, either with other U.S. Army units or in cooperation with our partner nations in the Indo-Asia-Pacific region,” said McCaffrey.

“We’re excited about the potential of this capability and look forward to seeing it achieve initial operating capability with our upcoming 3rd Brigade field training exercise in January,” he added.



Chief Warrant Officer 3 Mark Leung, 25th Combat Aviation Brigade, 25th Infantry Division

A Task Force Lightning Horse AH-64E Apache Guardian from 1-25th ARB, 25th CAB, 25th ID, conducts deck-landing qualifications, a historic first for the E model of the Apache, on the flight deck of amphibious assault ship USS Peleliu (LHA 5) while underway for RIMPAC Exercise 2014, July 19.

Apache Guardians make historic TD

SGT. JESSICA DUVERNAY
25th Combat Aviation Brigade
25th Infantry Division

USS PELELIU (At Sea) — AH-64E Apache Guardians from 1st Armed Reconnaissance Battalion (ARB), 25th Aviation Regiment, 25th Combat Avn. Brigade, 25th Infantry Division, conducted deck-landing qualifications aboard the amphibious assault ship USS Peleliu (LHA 5), off the coast of Hawaii, July 19, as part of the Navy’s Rim of the Pacific Exercise 2014.

The deck-landing qualifications, a first for the E model of the Apache, are one of several maritime training events the Apache unit participated in to take advantage of terrain not available to them in their home station at Fort Carson, Colorado.

According to Chief Warrant Officer 3 Matthew Gottschling, a company instructor pilot with 1-25th ARB, before the deck-landing qualifications and other maritime training

could take place for the pilots, instructors were trained and certified through the U.S. Army Evaluations and Standards Department.

“With all the deck training, the reason it’s interesting and different is because the Apache is a land-based piece of equipment,” said Gottschling. “By training us how to do the ship landings on a larger ship, it enables us to forward project our force by doing the cross training with the Navy and the Marines.”

A primary goal of the joint training is to build greater maritime flexibility for the Pacific joint commander to use when determining capabilities during mission planning.

“It allows us to land on their ships, refuel, rearm and project power further forward as opposed to just being a land-based unit,” Gottschling explained. “It just gives us additional capabilities and additional experience. In the event of conflict, we would be able to deploy our aircraft via a ship to land and be able to operate in a maritime environment.”

This occasion is the first time the E model of the Apache has conducted deck-landing qualifications, and the event was even more historical as this time is the first any Apache model has deployed to Hawaii or participated in a Rim of the Pacific exercise.

“We came out here in support of RIMPAC, but also to see how we integrate with the rest of 25th CAB,” said Chief Warrant Officer 2 Ian Corbin-Deutsch, aviation life support equipment officer, 1-25th Avn. “Us being out at Fort Carson, away from our home unit, presented a bunch of challenges, and it’s nice to finally be a part of the unit.”

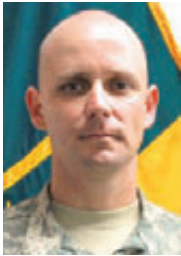
The eight Apaches still have some training ahead of them before returning to Fort Carson. Four of the Apaches are scheduled to push further into the Pacific for the Pacific Pathways exercise. The other four aircraft are scheduled to conduct training at the Pohakuloa Training Area on Hawaii Island prior to returning to Fort Carson in mid-August.

Soldier earns top safety nod

STAFF SGT. JOHN GARVER
8th Theater Sustainment Command Public Affairs

FORT SHAFTER — Sgt. 1st Class Tony Scott, the Equal Opportunity adviser for the 130th Engineer Brigade, 8th Theater Sustainment Command, recently received the Army Individual Award of Excellence in Safety, the top individual safety award in the U.S. Army, here, July 22.

Scott competed against nominations from more than 50 Army installations across the world.



“It goes back to when I joined the Army: Safety first!” said Scott. “If we push safety to the side, how effective are we as a unit, and what are we teaching younger Soldiers?”

While assigned to the John W. Kreckel NCO Academy at Fort Campbell, Kentucky, Scott served as a platoon sergeant and the academy’s primary safety officer.

In his position, Scott implemented several initiatives to increase the safety of the Soldiers and civilians, including introducing outstanding accident-reduction policies, procedures and programs for the NCO Academy.

He conducted safety briefs with the academy cadre and civilians prior to starting daily duties and extended holiday and leave periods.

He also ensured everyone was incorporating safety into daily on- and off-duty activities and assisted in the development and implementation of the NCO Academy’s Safety and Occupational Action Plan

He said using an online portal known as blackboard, which is used for online training, allowed him to post safety bulletins, highlight safety concerns and improvements accessible to both instructors and Soldiers.

But what really got him nominated was his attention to detail.

“Because I kept everything documented and up to date, including risk assessments, inspections, safety equipment ... they told me that’s what put me above everyone else,” he said.

During fiscal year 2013, the NCO Academy had zero lost-time accidents in technical or tactical environments.

Also, the academy’s safety program received a pass rating in all areas during an Installation Safety Office staff assistance visit, and was recognized for continuing to make improvements to an already robust program.



Send announcements for Soldiers and civilian employees to news@hawaiiarmyweekly.com.

Today

Child Safety — The 2014-15 school year begins today. Community members are advised to watch out for children walking on sidewalks, riding their bicycles and crossing roads. School zone speed limits are 15 mph.

Parents are reminded that children younger than 10 years cannot be left alone at a bus stop or walk to school alone; a parent or sibling who is age 12 or older must escort them.

Platelets — The Tripler Blood Donor Center needs donations of platelets, which are a component of blood that helps to stop bleeding and are essential to saving lives. Call 433-6148.

TAMC Construction — A construction and renovation project at Tripler Army Medical Center, 3rd Floor, B wing, began July 27, with a projected completion date of Spring 2015.

There will be minimal impact to patients and staff during this time.

Patient access to the Provost Marshal Office and the Veterans Affairs Pacific Island Health System Psychiatric Ward will continue to be accessible from the breezeway extending from 3B1 to 3G and through elevators 6 and 7 from within the hospital.

Traffic cutting through 3B1 will be temporarily closed off; access to elevators remains open

from levels 1 and 2.

Stairway #4, located near elevators 6 and 7, also remains open for access between floors. Visit [facebook.com/triplerarmymedicalcenter](https://www.facebook.com/triplerarmymedicalcenter) for construction updates.

August 4 / Monday

CIE Oahu North — The monthly Community Information Exchange meeting is at 10 a.m., at the Nehelani, Schofield Barracks, for Oahu North. This new forum replaces the monthly Spouse Information Meeting and is open to all who wish to attend.

5 / Tuesday

Change of Responsibility — Command Sgt. Maj. Louis Felicioni will accept responsibility from Command Sgt. Maj. Philip Brunwald as the new senior enlisted adviser at U.S. Army Garrison-Hawaii. The ceremony will take place at 10 a.m. on Weyand Field, Schofield Barracks.

6 / Wednesday

CIE Oahu South — The monthly Community Information Exchange meeting is at 9 a.m., at Aliamanu Military Reservation Chapel, for Oahu South. This new forum replaces the monthly Spouse Information Meeting and is open to all who wish to attend.

7 / Thursday

Flats TARP — The hourlong, mandatory annual Threat Awareness and Reporting Program training takes place at 9 a.m., in Bldg. 1554, Fort Shafter Flats. Note, specific classroom locations may vary; there will be a notice posted on the main entrance directing individuals to the appropriate room.

BUSINESS UPDATES



Ryan Lee, 413th Contracting Support Brigade

HONOLULU — Col. Kevin Nash, commander, 413th Contracting Support Brigade, speaks at the 12th annual Hawaii Small Business Forum, here, July 17.

The event brought together representatives from various federal agencies to discuss contracting opportunities and updates for small businesses looking to start or expand as a federal contractor and included presentations by various federal agencies and departments, a status update of the military build-up on Guam, updates on rules and regulation from the U.S. Small Business Administration, and a small-business panel.



Today

TAMC Closure — The inbound lane of Tripler’s Krukowski Road is scheduled to be closed for construction, now through Aug. 11.

Fisher Fissure — Tripler’s Krukowski Road has a partial closure

Traffic Report lists closed roads, limited routes, construction detours and noise advisories received by press time from Army and Hawaii Department of Transportation (HDOT) sources.

Motorists in affected areas are advised to use caution, to observe all signs and traffic personnel and to expect delays.

For an up-to-date listing of Army traffic advisories, visit www.garrison.hawaii.army.mil/info/trafficcalendar.htm.

Unless otherwise noted, all phone numbers are area code 808.

near Fisher House Buildings I and II. Access is restricted to one lane, until Aug. 22.

Phase I will occupy the north end of Krukowski at the entrance to the Fisher Homes, until Aug. 8; Phase II will occupy the Federal Fire parking lot, Aug. 11-22.

Quad D — The left lane of Foote Avenue, Schofield Barracks, will be closed, 8:30 a.m.-2:30 p.m., until Aug. 29, due to unforeseen conditions with roadwork behind Bldg. 450.

AMR Closures — Aliamanu Military Reservation will have several traffic modifications at Skyview Loop and Aliamanu Drive for underground utilities work. All work will be done 8 a.m.-4:30 p.m. Note, Aliamanu will be completely closed at Ama Road, through Oct. 6.

Road Closed — There will be full road closures at Fort Shafter Flats’ Loop and Annex roads for utility and flood mitigation structures installation until Feb. 28, 2015.

August 6 / Wednesday

Aleshire Ave. — Expect a road closure at Schofield’s Aleshire Avenue, near Buildings 2027 and 2087. Traffic will be redirected to alternate routes, through Aug. 20. Watch for signs/barriers at each end of Aleshire.

7 / Thursday

Fort Shafter — Construction continues on Fort Shafter’s Warner Road and adjacent to Pierce Street.

Exchange Parking Lot — Contractors will be pulling cables in new manholes on Wilson Road and at the exchange parking lot on Fort Shafter.

One lane of Wilson will be closed, and a section of the parking lot will be closed, Aug. 7-11.

Bridging — One lane of Kahauiki Stream Bridge, Fort Shafter Flats, will be closed. Closures of the makai traffic lane will begin at the intersection of Funston Road and Kahauiki Stream Bridge and end at the intersection of Annex Road and Kahauiki, 7 a.m.-6 p.m., through Aug. 9.

11 / Monday

Arsenal — A section of Fort Shafter’s Arsenal Road, as well as several parking stalls in the Bldg. 525 parking lot, will be closed, today-Aug. 15. Access to the Fort Shafter gas station will still be open via Arsenal Road.

PAU HANA

"When work is finished."

2014 Hopefuls



Hawaii-based Soldiers (left to right) Spc. Marshall Woods, Sgt. Mark Proctor and Capt. Chad Agustin are Oklahoma-bound.

Stepping up to the plate

Ohana tryout for All-Army Softball

Story and photos by
STAFF SGT. GAELN LOWERS
8th Theater Sustainment Command
Public Affairs

SCHOFIELD BARRACKS — Four U.S. Army-Pacific Soldiers stationed, here, were recently selected to try out for the All-Army Men's Softball Team at Fort Sill, Oklahoma.

The Soldiers report with the rest of the 25 Army selectees from around the world, Aug. 14, for a chance to be on the 15-man final roster.

"To be chosen to even try out for this team is a huge honor," said Sgt. Mark Proctor, shortstop and third baseman and satellite communications specialist for the 53rd Signal Battalion, 1st Space Brigade (Satellite Control), Space and Missile Defense Command/Army Strategic Command. "The guys that I have played with before, those have been chosen to be where I am now. (They) are top-notch players."

Proctor and two other players, Capt. Chad Agustin and Staff Sgt. Bobby Wilkins, are rookies to the trial process, but for Spc. Marshall

Woods, first baseman and training noncommissioned officer for the 125th Financial Management Company, 45th Sustainment Bde., 8th Theater Sustainment Cmd., this is just another "at-bat."

"I've been playing since a ball could fit into my hand," said the already three-time All-Army Men's Softball Team member. "From 3 years old through college at Kent State University, I've been playing ball."

Each player, regardless of prior experience, submits a packet through the Morale, Welfare and Recreation offices and is chosen based on merit.

"It's a lot about who knows about your talent and putting yourself out there," said Proctor.

Proctor, already known because he played professional Class A minor league baseball in the New York Mets organization, was chosen to try out based on his previous experience and resumé. Others needed a little extra help.

"I was fortunate to be scouted in a couple of

games," said Capt. Chad Agustin, second baseman and chief of the Warrior Transition Office for the Pacific Regional Medical Command. "Softball is my passion. It's one of the tools I can use to uplift others and also share experiences and build resiliency."

Agustin, a Hawaii Army reservist, was activated to try out for the team from his civilian job as a Honolulu police officer.

All four players are hoping to help the team win a third consecutive gold medal during the Armed Forces Tournament, Sept. 9.

"This year, we are going for a three-peat," said Woods. "It's never been done before in the history of the Armed Forces Men's Softball Tournament. We are ready to get on the field and make some history."

2014

**SGT. MARK PROCTOR**

Sgt.
MARK PROCTOR

RANK: Satellite communications specialist with the 53rd Signal Battalion

SPORTS HISTORY: Former Class A Minor League player for the N.Y. Mets

POSITION: Shortstop and third baseman

TEAM FAVE: Baltimore Orioles



2014

**CAPT. CHAD AGUSTIN**

Capt.
CHAD AGUSTIN

RANK: Chief of the Warrior Transition Office, Pacific Regional Medical Command

POSITION: Second baseman

BIRTHPLACE: Native of Aiea, Hawaii

TEAM FAVE: Boston Red Sox fan

SPORTS HISTORY: Played baseball at University of Hawaii-Hilo

SUPERSTITION? Never step on the foul line superstition



2014

**SPC. MARSHALL WOODS**

Spc.
MARSHALL WOODS

RANK: Training NCO for the 125th Financial Management Company, 45th Sustainment Brigade

POSITION: First baseman

TEAM FAVE: N.Y. Yankees

SPORTS HISTORY: 3-time member of the All-Army Men's Softball team, Played college baseball at Kent State University

SUPERSTITION? Special wiggle and stretch at every at-bat



Four Hawaii-based Soldiers head to Fort Sills, Okla., for All-Army Softball tryouts, beginning Aug. 14, including Sgt. Mark Proctor (left), satellite communications specialist, 53rd SB, 1st Space Bde. (Sat. Control), SMDC/ASC; and Spc. Marshall Woods (right), training NCO 125th FMC, 45th SB, 8th TSC, and also a three-time All-Army Softball team member.

(Photos been altered from their original form; background elements have been removed.)





Briefs

Today

Army 10 Miller Race — The late application period for the Army 10 Miller Race runs Aug. 1-11 for the 6 a.m., Aug. 16, race that begins at Richardson Pool. It's open to active duty, retired veterans, National Guardsmen, Reservists and their adult family members (16 and older). DOD civilians and contractors working on a military installation in Hawaii are eligible with valid ID card.

Registration and the \$40 late payment fee will be accepted at these locations:

- SB Health and Fitness Center, 655-8007;
- Martinez PFC, 655-4804;
- Heleman PFC, 653-0719;
- Tripler PFC, 433-6443;
- Fort Shafter PFC, 438-1152; and
- AMR PFC, 836-0338.

Download application at www.himwr.com/images/flyers/july-2014/2014-10milerapp.pdf.

Contact Mike Kim, race director, at 655-9914 or 655-0856.

Aloha Friday Barbecue — The SB Leilehua grill offers a Friday barbecue lunch special, beginning at 11 a.m., until sold out. Menu items include smoked brisket ribs, pulled pork, barbecue chicken, pork chops, baked beans, cole slaw, potato salad and cornbread. Items cost \$8-\$10. Call 655-7131.

Tropics Country Late Night — This free event, beginning at 8 p.m., includes live entertainment, a bull riding competition and more. Valid military ID required for the 18 and older event. Call 655-5698.

2 / Saturday

Ladies Golf Clinic — Ladies can experience a free, 30-minute golf lesson at Leilehua Golf Course from PGA professionals. Lessons are offered the first Saturday of the month by appointment only. Call 655-4653.

4 / Monday

Workweek Lunch — SB Kolekole Bar & Grill (655-4466) and FS Mulligan's Bar & Grill (438-1974)

Community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

First Friday Street Festival — Honolulu Chinatown area galleries and other arts venues open their doors, 5-9 p.m., for artist receptions, live music and refreshments. Events are free, and gallery walk maps are available at various locations. Visit www.artsatmarks.com or call 521-2903.

Jack Johnson Concert — A Hawaii-native, Johnson performs, 6:30 p.m., at the Waikiki Shell as part of his 2014 world tour. Proceeds will benefit his Kokua Hawaii Foundation, a nonprofit organization to support environmental education in Hawaii. Contact the Blaisdell Box Office at 768-5400

BayFest — Tickets will go on sale today, Aug. 1, at www.BayFestHawaii.com. Authorized patrons may also purchase tickets at any military ticket outlet beginning the same day.

BayFest is Oct. 17-19 aboard Marine Corps Base Hawaii, Kaneohe Bay, and includes three days of music and family fun.

2 / Saturday

Waialua Obon Dance and

FIRST DAY OF SCHOOL

The Director of Emergency Services Reminds YOU that it's

Back to School - 1 August 2014!

Stay Vigilant and Remember to:

- Stay Alert!
- Slow Down!
- Watch for Children
- Don't Pass Buses when they are loading and unloading
- Plan ahead and leave early
- And most of all...Safety is a Team Effort

For more information:
<http://www.garrison.hawaii.army.mil>
<https://www.facebook.com/usaghawaii>
<https://www.facebook.com/DES.USAG.HI>

The first day of the school year for many Hawaii public schools begins today. U.S. Army Garrison-Hawaii's Directorate of Emergency Services offers reminders that during the school year extra safety precaution is recommended to protect keiki in and around school areas.

offer daily lunch, 11 a.m.-1 p.m. Enjoy buffet-style or menu items.

Pau Hana Social Hour — SB Kolekole Bar & Grill hosts an after-work fun time, 4:30-6:30 p.m., Monday-Wednesday, and 4-6 p.m., Thursday-Friday. Enjoy discounted appetizers and domestic draft beverages. Call 655-4466.

Mongolian Barbecue — Select your favorites from a large variety of meats and vegetables, 5 p.m., every Monday, at SB Kolekole Bar & Grill, and grilling will be to your liking. Cost is 65 cents for each ounce.

5 / Tuesday

Acrylic Painting — Create your own island inspired masterpiece at this adult workshop held 5:30-7:30 p.m. at the SB Arts and Crafts Center, includes canvases and paints; costs \$80 for four sessions. Call 655-4202 for preregistration.

Taco Tuesday Night — SB Kolekole Bar & Grill offers three tacos, rice and beans specials for \$4.99. Call 655-4466.

\$2 Bowling Special — FS Bowl offers a "\$2 Bowling Special," 9 a.m.-9 p.m., every Tuesday, now through Sept. 30. Offer not valid with other promotions, holidays, specials, reser-

vations or groups. Shoe rental not included. Call 438-6733.

6 / Wednesday

EDGE Home School Adventure Hiking — This Outdoor Recreation supervised program meets at Dillingham Airfield Tower and Pupukea, Aug. 6 and 20; costs \$20. Participants should be 10-18 years old, wear covered toe shoes and bring sunscreen, water and a hat. Call 655-9818.

BOSS Meetings — Single Soldiers and geographic bachelors are invited to Better Opportunities for Single Soldiers meetings every Wednesday to discuss community service projects and fun upcoming programs. Call 655-1130.

Attend these meetings:

- North meetings, 3 p.m., 1st and 3rd Wednesday, SB Tropics Warrior Zone.
- South meetings, 10 a.m., 2nd and 4th Wednesdays, FS Bowling Center.

Teen Wednesdays — Cosmic Bowling for teens is \$2 at Wheeler Bowling Center, WAAF, 2-4 p.m. Free shoes with a two-game minimum. Call 656-1745.

7 / Thursday

Hand Building Clay Workshop — Youth and teens can create their

card will receive 10-cents off per gallon.

9 / Saturday

Chapel Fest — Learn about the Army's chapel communities, 10 a.m.-3 p.m. Enjoy free food and family fun with bouncy houses, a rock climbing wall, face painting, a dunk tank, video games and more. Takes place at the SB Main Post Chapel.

The MCBH Keiki Tradewind Triathlon — Marine Corps Base Hawaii is holding this annual children's triathlon, Saturday, Aug. 9, for two age divisions: 7-10 and 11-14 year olds. The event is open to the public. For race details, visit www.mccshawaii.com/races.

15 / Friday

WMCAC Golf Tourney — Hit the greens with the Waianae Military Civilian Advisory Council at its annual golf tournament at Makaha Valley Country Club (Makaha East Golf Course). Check-in is 10:30-11:30 a.m., and the tourney begins with a shotgun start at noon. An awards banquet will follow.

Cost for this three-person scramble is \$125 per player. To register, contact Don Arakaki at 255-8669.

Battleship Missouri Picnic — Celebrate National Relaxation Day, 6-9 p.m., Aug. 15, on the Battleship Missouri Memorial for a fun and relaxing picnic to start the weekend. Watch the sunset from one of Hawaii's most historic locations: Pier Foxtrot-5 on Ford Island, where the Mighty Mo is

own ceramic tile designs during this two-day workshop, 10 a.m.-noon, at SB Arts & Crafts. Cost is \$25.

Tropical Thursdays

— Free weekly Texas Hold'em poker, 6 p.m., SB Tropics Warrior Zone. All ID cardholders 18 and older are welcome. Call 655-5698.

8 / Friday

Country Western Right Arm Night — FS Hale Ikena hosted event begins at 4 p.m. and includes a good "ole country time" with line-dancing, best boots and Stetson contest, and unlimited free snacks; Texas Hold'em Tournament at 5 p.m. Call 438-1974

SKIES Theatre Class — You still have time to join the cast of "Annie." Class meets on their new day and time, 3:30-4:30 and 4:30-5:30 p.m., Friday, at the SKIES Unlimited studios. Also featured is a new Music and Vocal Technique class from 5:30-6:30 p.m. Open to children 6-18 years. Call 655-9818.

9 / Saturday

Intro to Surf Kayaking — Outdoor Recreation specialists provide equipment and instruction in a specially formed kayak for surfing with the class held at Pokai Bay or in Haleiwa. Open to patrons ages 10 and over; cost is \$59. Call 655-0143.

16 / Saturday

Model Planes Airshow — The Biggest Little Airshow in Hawaii returns to Pacific Aviation Museum Pearl Harbor, Saturday and Sunday, Aug. 16-17. You can drive on to Ford Island or take the free shuttle from the Pearl Harbor Visitor Center.

Includes hospitality tents, retail booths, food vendors and prizes, besides the expanded, newly choreographed remote-control airshow.

25 / Monday

Girl Scouts — An informational session about scouting for girls in the Pearl Harbor/Hickam area will be held 6-7 p.m. at Nimitz Elementary School, 520 Main St. Email pearlharbor.scouts@gmail.com.

Ongoing

Food for Families — ASYMCA at WAAF has an emergency food locker to assist families. It's open 8 a.m.-2 p.m., Monday-Friday. Call 624-5645.

Legal Aid — The SB and FS Legal Assistance offices provide free legal assistance to active duty personnel, family members, retirees and certain Department of Defense personnel.

worship Services

Additional religious services, children's programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on "Religious Support Office" under the "Directorates and Support Staff" menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Heleman Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers' Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC Annex
 - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at MPC and 12 p.m. TAMC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at MPC Annex Room 232

Protestant Worship

- Sunday Services
 - 8:45 a.m. at MPC
 - 9 a.m., at FD, TAMC chapel
 - 10 a.m. at HMR
 - 10:30 a.m. at AMR
 - 10:45 a.m. at WAAF (Spanish language)
 - 11 a.m. at SC (Contemporary)
- Liturgical (Lutheran/Anglican)
- Sunday, 9 a.m. at WAAF

This Week at the MOVIES Sgt. Smith Theater

Call 624-2585 for movie listings or go to aafes.com under reeltime movie listing.

Tammy

- (R)
- Fri., Aug. 1, 7 p.m.
- Thurs. Aug. 7, 7 p.m.



Teenage Mutant Ninja Turtles

(PG-13)

FREE advanced screening; no ticket is necessary. First come, first seated. Sat., Aug. 2, 5 p.m.

Earth to Echo

(PG-13)

- Sun., Aug. 3, 2 p.m.



Rio 2

(G)

Thurs., Aug. 7, 5 p.m. (Admission \$2; children ages 5 and under free.)

No shows on Mondays, Tuesdays or Wednesdays.

Calendar abbreviations

- 8th TSC: 8th Theater Sustainment Command
- 25th ID: 25th Infantry Division
- ACS: Army Community Service
- AFAP: Army Family Action Plan
- AFTB: Army Family Team Building
- AMR: Aliamanu Military Reservation

- ASYMCA: Armed Services YMCA
- BCT: Brigade Combat Team
- BSB: Brigade Support Battalion
- Co.: Company
- CYSS: Child, Youth and School Services
- EFMP: Exceptional Family Member Program
- FMWR: Family and Morale, Welfare and

- Recreation
- FRG: Family Readiness Group
- FS: Fort Shafter
- HMR: Heleman Military Reservation
- IPC: Island Palm Communities
- PFC: Physical Fitness Center
- SB: Schofield Barracks

- SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
- TAMC: Tripler Army Medical Center
- USAG-HI: U.S. Army Garrison-Hawaii
- USARPAC: U.S. Army-Pacific
- WAAF: Wheeler Army Airfield



Representatives from TAMC's Fisher House accept a donation of \$9,000 from the TAMC Intercontinental Hotel Group (IHG) at TAMC's Fisher House. Pictured (from left) are Lt. Col. Greta Bennet, deputy logistics, TAMC; Gabriel Togawa (child), resident at the TAMC Fisher House; Honour Stone, operations manager TAMC IHG; Robert Duenas (child), resident of TAMC Fisher House; Anita Clingerman, manager TAMC Fisher House; and Roy Yamane, general manager, TAMC IHG.

Tripler’s Fisher House receives \$9K donation

Story and photo by
SPC. PAXTON BUSCH
Pacific Regional Medical Command
Public Affairs

HONOLULU — Tripler Army Medical Center's Fisher House received a donation of \$9,000 from the Tripler-based Intercontinental Hotel Group (IHG), July 24.

According to Roy Yamane, IHG general manager at TAMC, IHG has considered the Fisher House an integral part of its community, helping with military families, from fundraisers to volunteer work, to providing low cost or free lodging.

“IHG Army hotels feel honored to be a part of that giving and supports the Fisher

House Foundation and its vision. (We) hope that our donations will assist in spreading comfort to those who serve at Tripler Army Medical Center, Hawaii,” said Yamane.

Tripler Fisher House lodging fees for guest families are paid through grants from the Fisher House Foundation.

Fisher houses have provided more than 5,200,000 days of lodging to 200,000 families since 1990.

Online
For more information, visit fisherhouse.org.



Keiki flood FAP open house

GABRIELE CHAPMAN
Family Advocacy Program
Army Community Service
Directorate of Family and Morale,
Welfare and Recreation
U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — A five-pound glob of yellow fat sat on a table at the Family Advocacy Program (FAP) Back to School Open House at the Army Community Service (ACS) building, here, July 22.

Kids immediately ran up to the table and began squishing the simulated fat, while parents silently imagined the fat in various places inside their own bodies.

A water- and bead-filled lava tube was perched on the table next to the fat globs, simulating clogged and healthy arteries.

If these two models didn’t scare the life out of most adults, the next one — the test tubes filled with the fat and sugar content, which is found inside many popular foods — was enough to change many eating habits.

“The kids are amazed by the amount of sugar in red fruit drink (an entire test tube full), and also the amount of fat in trail mix (22



Photo courtesy Army Community Service

Maj. Tara Vaughn (right), a registered nurse at Schofield Army Public Health Nursing, shows children and parents how much sugar can be hiding in some of their favorite foods during the Family Advocacy Program Back to School Open House at the Army Community Service building, July 22.

See FAP B-6

Upcoming FAP Programs

The FAP-ED program offers a variety of classes and events for parents and children at various Army installations across Oahu.

Home Alone: Is your 10, 11 or 12-year-old ready to stay at home alone? Sign them up for this interactive workshop that provides tools for making responsible decisions while they are home alone. Topics include first aid, fire safety and Internet safety. A parent must be present during this class.

Expectant Parent Series: This four-week course for pregnant moms covers newborn care, financial planning and couples communication.

Toon Time Movie: A free movie for caregivers and their children, ages 0-3 (older siblings are welcomed, too).

Play Mornings: This activity is a wonderful opportunity to meet other moms and dads, share information and parenting tips, and give your infant/toddler a chance to interact with other children in a safe, struc-



A girl plays a round of Bingo during the Family Advocacy Programs' Back to School Open House

tured and nurturing environment.

Prosperous Parent: Discuss essential parenting skills and challenges. Explore realistic and unrealistic expectations for children, understand your child’s development and create a plan for your child’s safety.

Love and Logic: This four-part series teaches parents how to hold their kids accountable in a special way. It helps the child to see the parent as the “good guy” and poor decisions as the “bad guy.”

Car Seat Classes: Take an individual, one-hour session designed to offer parents and caregivers confidence while installing their car seats.

Tips for Single Parents: Join us and review and rehearse effective practices for raising kids in a one-parent household.

Scream-Free Parenting: This class is not just about lowering your voice. It’s about learning to calm your emotional reactions and focus on your own behavior more than your kids’ behavior.

Education ties addressed

Partnerships strengthened

SCHOOL SUPPORT SERVICES
Child, Youth and School Services; Directorate of Family and Morale, Welfare and Recreation
U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — Col. Sean Jenkins, deputy commanding general-Support, 25th Infantry Division, recently visited all of the Hawaii Department of Education (DOE) schools located, here, and on Wheeler Army Airfield, along with Leilehua High School in Wahiawa.

The primary purpose was to see how U.S. Army-Hawaii can partner with the DOE schools in providing support, academic help through mentoring and tutoring, and encouragement to schools where our military dependents receive their education.

“How can we help your school?” was a constant question Jenkins asked the principals. Through this informal means of communication and dialogue, the principals were assured that the Army is its partner and associate in the realm of education for our military and local children.

“Building success is about people working together. It’s about relationships,” Jenkins said. “We are residents of this community. When things happen, good or bad, we’re all in it together.”

Through different means of gathering facts and information, the colonel and school administrators also discussed traffic and attendance issues and reiterated his support of these issues as they impact Army Soldiers and families.

Jenkins sits on the Board of Directors for the Joint Venture Education Forum (JVEF) and displays his deep passion for Hawaii’s schools by commenting and questioning about the military’s contributions to the Hawaii DOE and how to improve relationships.

In addition to Leilehua High School, Jenkins has already visited Solomon Elementary, Hale Kula Elementary, Wheeler Elementary and Wheeler Middle schools. In August, he is slated to meet with the principal of Shafter Elementary.

Every school administrator was prompted to share ways and steps to improve the unfounded myths of Hawaii’s public schools.

During these past few years, Hawaii’s public schools have taken major steps in ensuring high scores in national tests and providing multiple means of enrolling in the top universities and colleges of our nation.

“We will continue to work together to improve the educational experiences of all children while in Hawaii,” Jenkins said.



Photo courtesy School Support Services; Child; Youth and School Services; Directorate of Family and Morale; Welfare and Recreation; U.S. Army Garrison-Hawaii

LeRoy Pimentel (left), project superintendent, S & M Sakamoto, Inc., gives Col. Sean Jenkins (right), deputy commanding general-support, 25th Infantry Division, and Jan Iwase (center), principal, Hale Kula Elementary School, an update on the school's \$33 million Department of Defense renovation grant project during a visit to the school, recently.



We Recycle

Did you know that when you recycle, the Garrison earns money? **Keep recycling!**





Performance Triad is designed to improve health through an integrated six-month program.

Triad’s Week 9 offers goals

U.S. ARMY GARRISON-HAWAII
Public Affairs

Week 9 of the Performance Triad gets underway Sunday. Consider what you will do to improve your sleep, activities and nutrition goals.



File photos

Learn to improve the quality of sleep through the monitoring of alcohol consumption.

Sleep Goal
Don’t drink alcohol before bed. Alcohol can make you feel sleepy, but it disrupts and lightens your sleep several hours later. In short, alcohol reduces the recuperative value of sleep.
Using nicotine and withdrawal from nicotine in the middle of the night can also disrupt sleep.
See your primary care manager if you need help to stop drinking or using nicotine products.



Warming up before taking on activities reduces injury risks.

Activity Goal
It is important to always warm up before activity to reduce the risk of injury. Tailor your warm up to your activity. For example, walk before jogging, jog before running.
Warm up your shoulders, back, arms and legs before lifting heavy objects.

Nutrition Goal
What you drink is just as important as what you eat; however, many beverages contain added sugars and offer little or no nutrients ... while others may provide nutrients, but too much fat and calories.
Start by drinking more water. Strive for 8-10 cups per day.

Helpful Tips
Check out the top 10 tips at www.choosemyplate.gov/foodgroups/downloads/tentips/dgtipsheet19makebetterbeveragechoices.pdf.

FAP: OH draws a crowd

CONTINUED FROM B-4

grams for ½ cup). And of course, we have the globs of fat that kids love,” said Maj. Tara Vaughn, a registered nurse at Schofield Army Public Health Nursing.
The intent of the open house, which attracted 109 people, was to inform and connect people to various services offered through FAP and ACS, as well as additional resources in the community, according to Donieka Wood, event coordinator and FAP social services educator.
The open house featured many ACS programs, including New Parent Support, Exceptional Family Members, Military and Family Life Consultants and Victim Advocacy.
Other organizations represented at the event were Child Youth and School Services (CYSS), Military Police and bike patrols, Military OneSource, School Liaison and Schofield’s Army Public Health Nursing.
Possibly the biggest highlight for the children was an appearance by McGruff the Crime Dog, who hugged and high-fived more than 50 kids, including two groups from the Army School Age Services (SAS) program. Kids also enjoyed collecting colorful stickers as they traveled from table to table learning about various organizations, coloring, making straw necklaces and playing Bingo.
To complement the open house’s back to school theme, all attendees left the open house with a free insulated lunch cooler and a plastic bag stuffed with prizes.
“I observed community members gathering together, socializing and networking in regards to preparing their children to go back to school. I also observed the children having a great time learning safety tips from McGruff the Crime Dog and the MPs,” said Wood. “It was nice to see the representatives from each participating program give resources and great information to the community members and interact with the children.”

Online
For more information or to sign up for classes, call 655-4ACS (4227) or go to www.himwr.com.